

DIGESTIVE VATA BALANCING HERBS



Ginger

Known for its ability to stimulate digestion and reduce Vata imbalances like bloating and constipation.

Fennel

Helps to soothe the digestive system, reduce gas, and support the metabolism.

Cumin

Balances digestion, relieves bloating, and promotes the efficient breakdown of food.

Coriander

Aids digestion, cools the stomach, and alleviates gas and bloating.

Triphala (a combination of Amalaki, Haritaki, and Bibhitaki)

A gentle and effective herbal formula for promoting regularity and balanced digestion.

Licorice

Soothes the stomach lining, supports digestion, and balances excess Vata.

Ashwagandha

Known for its ability to calm Vata imbalances in the nervous system and support overall digestion.

Fenugreek

Supports digestion, relieves bloating, and helps with constipation by promoting regular bowel movements.

Cardamom

Aids in digestion, relieves indigestion, and helps regulate the digestive fire (Agni).

Turmeric

Reduces inflammation and supports digestion by balancing Vata and Pitta doshas.

